

SENIOR LUNCH MENU

A confidential, voluntary donation of \$2 per meal is suggested.
Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

TAKE YOUR PICK:
Each day, you may
choose a hot lunch
or a cold lunch.

***Indicates a high-sodium meal.
V Indicates a vegetarian item.
Menu is subject to change without
notice. Menus also available on
www.mvss.org.*

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>Beef vegetable soup. HOT: Roasted turkey served with whipped sweet potatoes and green beans with wax beans. COLD: Tuna salad sandwich served with summer potato salad and a summer squash salad. Pineapple for dessert.</p>	<p>HOT: Fish florentine served with whipped butternut squash and red cabbage. COLD: Chicken pesto caesar salad with dressing served with tri-color pasta salad. Pears for dessert.</p>	<p>HOT: Hot dog ** served with baked beans and cole slaw. COLD: Curry chicken salad served with broccoli slaw and an orzo vegetable salad. Cotton candy mousse for dessert.</p>	<p>HOT: Lentil stew served with roasted root vegetables. COLD: Roast beef and American cheese sandwich served with potato salad and a spinach mandarin orange salad. Cinnamon applesauce for dessert.</p>	<p>Kale pasta soup. HOT: Fiesta fish served with corn and spinach with mushrooms. COLD: Egg salad sandwich served with cauliflower carrot salad and macaroni salad. Orange for dessert.</p>
<p>6 HOT: Stuffed pepper casserole served with kale. COLD: BBQ chicken with mozzarella cheese and red onion served with English pea salad and roman blend salad. Oatmeal raisin cookie for dessert.</p>	<p>7 HOT: Macaroni and cheese (V) served with stewed tomatoes. COLD: Roast beef and cheddar cheese sandwich served with lo mein pasta salad and cole slaw. Tropical mixed fruit for dessert.</p>	<p>8 SPRING SPECIAL Broccoli and cheese stuffed chicken breast served with rice pilaf and candied carrots with parsnips. Lemon pudding cake for dessert.</p>	<p>9 Split pea soup. HOT: Italian pot roast served with red bliss potatoes and broccoli florets. COLD: Seafood salad sandwich served with broccoli slaw and summer potato salad. Fresh fruit for dessert.</p>	<p>10 HOT: Spinach and red pepper frittata (V) served with lyonnaise potatoes and orange juice COLD: Roast beef and Swiss cheese sandwich served with corn salad and cole slaw. Chocolate pudding for dessert.</p>
<p>13 HOT: Stuffed pepper casserole served with kale. COLD: BBQ chicken with mozzarella cheese and red onion served with English pea salad and roman blend salad. Oatmeal raisin cookie for dessert.</p>	<p>14 HOT: Macaroni and cheese (V) served with stewed tomatoes. COLD: Roast beef and cheddar cheese sandwich served with lo mein pasta salad and cole slaw. Tropical mixed fruit for dessert.</p>	<p>15 Pasta fagioli soup. HOT: Cheese lasagna served with meat sauce and spinach. COLD: Egg salad sandwich served with ziti broccoli salad and summer squash salad. Fresh fruit for dessert.</p>	<p>16 Clam chowder. HOT: Salmon filet with teriyaki sauce served with oriental vegetable blend and white rice. COLD: Ham chef salad with lite Italian dressing served with potato salad. Fruit flavored yogurt for dessert.</p>	<p>17 Broccoli cheese soup. HOT: Chicken marsala served with rice pilaf browned orzo, and zucchini with red pepper. COLD: Mediterranean tortellini salad served with a caesar salad. Pineapple for dessert.</p>
<p>20 There will be no meal service today in observance of Patriots Day</p>	<p>21 Vegetable soup. HOT: American chop suey served with broccoli. COLD: Egg salad sandwich served with a cauliflower carrot salad and garden shell pasta salad. Pineapple for dessert.</p>	<p>22 Seafood chowder. HOT: Fish sticks served with lemon sauce, sweet potato wedges, and peas and onions with parsley. COLD: Vegetarian chef salad with lite Italian dressing served with pasta salad. Tapioca pudding for dessert.</p>	<p>23 HOT: Roast pork with sweet and sour sauce served with brown rice pilaf and cauliflower. COLD: Seafood salad sandwich served with balsamic vinaigrette pasta and cole slaw. Fruited strawberry gelatin with whipped topping for dessert.</p>	<p>24 Tomato basil soup. HOT: Veggie burger (V) with American cheese served with roasted red potatoes and fiesta blend vegs. COLD: Turkey and Swiss cheese sandwich served with broccoli slaw and potato salad. Fresh fruit for dessert.</p>
<p>27 Mushroom barley soup. HOT: Chicken paprika with seasoned noodles served with broccoli and carrots. COLD: Tuna salad sandwich served with tomato red pepper salad and summer potato salad. Fresh fruit for dessert.</p>	<p>28 HOT: Beef stew served with kale and mushrooms. COLD: Turkey and American cheese sandwich served with tossed garden salad with lite Italian dressing and corn salad. Birthday cake for dessert.</p>	<p>29 Cream of tomato soup. HOT: Broccoli mushroom frittata (V) served with red potatoes and butternut squash. COLD: Roast beef and cheddar cheese sandwich served with pasta vegetable salad and riviera salad. Mandarin oranges for dessert.</p>	<p>30 Chicken wild rice soup. HOT: Roast turkey served with Tuscan blend vegetables and whipped potatoes. COLD: Mediterranean tortellini salad served with caesar salad and dressing. Chocolate pudding for dessert.</p>	<p>NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-324-7705 ext. 300.</p>

APRIL 2015



JOIN US FOR LUNCH

ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and no more than 1,300 milligrams of sodium. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,300 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

KEEP YOUR HEART HEALTHY

Treat your heart as you would a friend. Making **mindful food choices**, moving **your body regularly**, and **sleeping well** are all key to maintaining a healthy relationship with your heart and avoiding heart disease.

- Choose a variety of **fruits and vegetables** every day.
- Include **whole-grain, high fiber foods** such as barley, bran cereals, brown rice, buckwheat, corn, oatmeal, plain popcorn, quinoa, rye, whole wheat bread, wild rice, whole grain pasta.
- Consume **fish** at least twice each week, especially herring, mackerel, salmon, sardines, trout, or tuna.
- Choose **lean meats and non-meat protein alternatives** — chicken, turkey, fish, pork, lean beef, beans, nuts, egg substitutes, or egg whites.
- Select **fat-free, skim or 1% milk**, and low-fat cheeses and low-fat yogurt. (You can also try the new variety of non-dairy milks available, such as almond milk or rice milk, which have less saturated fat than dairy.)
- **Minimize your intake of partially hydrogenated fats**, such as butter or margarine.
- Minimize intake of high-sugar, high-fat pastries such as muffins, donuts, cakes, pies, cookies, candies.
- **Limit beverages high in added sugars** such as soda, fruit punch, and sweetened coffee and teas.
- Choose & prepare foods with **little or no salt**.
- If you consume alcohol, do so in moderation. Dietary guidelines suggest one drink/day for women and up to two drinks for men.
- **Be attentive to your portion sizes and the balance of foods on your plate.** Changes in weight can put stress on your heart.

